

May 3 One mile time trial

Plan to arrive early enough for a warm up jog. After the announcements at 6:30PM, all our pace groups will jog together for 5 minutes including strides on the straight-aways, in order to move into a flow for the time trial.

Each group will run their mile separately starting with Group 1. The other groups will jog right before their turn to run, Stay loose and cheer for the pace groups running their mile. One of the benefits of doing a Spring time mile time trial is to get a sense of where you are at with your pace. This will help you to determine time goals for races.

We will have the ERC time clock set up and clipboards available, where you can write down your finishing time. The times will be posted on the ERC website during the next week.

The 6:15AM Summervals workout will do sets of 600 meter repeats as an alternative to the time trial.

May 10 12-14 X 400 meter repeats

Run these at your 5K pace with a 200 meter recovery lap after each 400. The one exception is, after the 6th 400 meter, run a full 400 meter recovery lap. This workout helps you with pace and focus, especially for shorter races. Those newer to Interval training might want to keep it to 12 400's.

May 17 2-3 X 1 mile repeats

Run these at your 5K to 10K pace depending on your upcoming race goals .Do a 200 meter slow recovery lap after the first mile, and a 400 meter slow recovery lap after the second mile. This workout helps you with endurance and consistent pacing. Those newer to Intervals may want to do an 800 meter for the last one.

May 24 A new ladder to enjoy 400-800-1200-1200-800-400

Run the 400's and 800's at your 5K pace. Run the 1200's at either 5K or 10K pace depending on your upcoming race plans. After the 400's and 800's run a slow 200 meter recovery lap. After the first 1200, run a full 400 meter recovery lap. After the second 1200 run a slow 200 meter recovery lap.

May 31 6-8 X- 800 meter repeats

Run these in two sets of 4x 800's at your 5K pace with a 200 meter recovery lap. After the first set of 4, run a full 400 meter recovery lap. Focus on consistency, form and flow. If you are newer to interval training I would keep it to 6 x800's. Give your body time to adjust to the increased speed.

Following the workout we have pizza night at Temperence Brewery, just a 5 minute drive from the track.